



# INTERNATIONAL SCHOOL OF SUMI-E

## OVERVIEW

The School teaches the sumi-e painting method of the internationally recognized Master **Beppe Mokuza** (*see a short biography of teachers on page 4*). Sumi-e is the traditional Japanese ink painting; the Japanese word "sumi" means black ink, and "e" means painting. (*See "What is sumi-e" on page 2*).

The School is open to everybody; it is particularly intended for people who wish to become sumi-e **teachers**, to those who seek to **deepen** their personal practice, to artists who desire to acquire new **skills**, in a 4-year long curriculum.

The school also welcomes all people who wish to practice in a **leisure** perspective, including beginners in sumi-e and Visual Arts.

The **teaching** is given during **seminars**, which represent up to more than 200 hours a year (*see the detailed program on page 2*). The practice is based on a set of models designed specifically for progression over the duration of the curriculum. A cycle of theoretical courses allows approaching all the roots of sumi-e: historical, philosophical, cultural ... as well as technical points.

**Leisure** time participants can register for a **fraction** of each seminar, either 1 to 10 half-days of their choice in Versailles, or the weekend, within the time frame of each seminar.

To take into account the remoteness of the trainees, school year 2024-2025 favors long seminar formats, and to facilitate the integration of training into personal life, trainees can choose the workshop they attend among those offered. **Training credits** are allocated for each course attended; the end-of-year exam can be taken when the accumulated credits correspond to the set of required skills. The duration of training is therefore individualized.

As the program is common to all students, while everyone is at a very different point in his/her path, an **individual support** program is part of the curriculum, to support the effort of personal practice between two seminars (*see the individual support program*). 30 hours per year of follow-up are allocated to each student.

Despite the specificities described above, the seminars are open to everybody. As an unregistered student, it is possible to attend only part of the seminars (*see prices on page 3*).



## WHAT IS SUMI-E?

“From a Chinese origin, this method of China ink painting called sumi-e was introduced in Japan by Zen monks more than five centuries ago. With a simple brush, an ink bar, an inkstone and rice paper, we focus our attention on the present moment. We let go of our thoughts, we eliminate the tensions of the body, thanks to a good posture and a correct breathing. This way of painting can unveil the creativity of who is practicing it, making him/her more sensitive, more attentive and more harmonious in the acceptance of oneself, of others as well as of one’s own difficulties; also putting in touch with the source of life that resides in oneself. Students work together in harmony and concentration, in a calm and quiet atmosphere. There is no competition for a result; it is a work of patience that aims to refine the sensitivity of each, to reach a defined characteristic of its own expressive mode and the fluidity of the gesture, as if producing a flower, a rock, a bamboo emanated almost naturally from our own body.”  
(After Beppe Mokuza)

す  
み  
え



## PROGRAM 2024-2025

Sunday 22<sup>nd</sup> of September 2024, with A. Plaignaud at Dojo Zen of Paris  
Saturday 19<sup>th</sup> - Wednesday 23<sup>rd</sup> of October 2024, with B. Mokuza, “Esprit du Geste”, AZI  
Saturday 26<sup>th</sup> - Wednesday 30<sup>th</sup> of October 2024, with A. Plaignaud, in Versailles  
Sunday 24<sup>th</sup> of November 2024; with A. Plaignaud at Dojo Zen of Paris  
Tuesday evening 17<sup>th</sup> - Wednesday 22<sup>nd</sup> of December 2024, with A. Plaignaud, in Versailles  
Tuesday 4<sup>th</sup> evening - Sunday 9<sup>th</sup> of February 2025, with B. Mokuza, in Eerbeek (Netherlands)  
Saturday 15<sup>th</sup> - Wednesday 23<sup>rd</sup> of February 2025, with A. Mercier, Doigts d'Or, AZI  
Saturday 6<sup>th</sup> - Wednesday 10<sup>th</sup> of April 2024, with A. Plaignaud, in Versailles  
Tuesday evening 22<sup>nd</sup> - Sunday 27<sup>th</sup> of April 2024; with A. Plaignaud, venue to be defined  
June 2024, with B. Mokuza, in Alba (Italy)  
August 2024, with B. Mokuza, in Alba (Italy)  
More dates to come in 2025, at the Zen Dojo of Paris and in workshops

Classes are given in French, English and Italian.





## **USEFUL INFORMATION**

Workshop locations:

Versailles: 2 T rue de Savoie, 78000 Versailles, France

Een-West: Natuurvriendenhuis Allardsoog, Jarich van der Wielenwei 42, Een-West, Netherlands

Alba: Bodai Dojo, via Fratelli Ambrogio, 25, 12051 Alba (CN), Italy

AZI: Temple Zen de la Gendronnière, 41120 Valaire, France

La Bourdette: 14 côte de la Bourdette, 81500 Pratviel, France

## **REGISTRATION DETAILS**

As a prerequisite to attending the complete course, it is asked to provide a motivation letter and to have a meeting with Beppe Mokuza Signoritti and Alain Plaignaud, respectively Honorary President and President of the School.

The delay for accessing the training is given by the closest seminar date following registration, which is suitable for the trainee and which offers an available place. Any training cursus can start at any seminar in the program, thanks to the individualization of the training.

The School strives to include all persons in its activities, in accordance with the French law of February 11, 2005 for "equal rights and opportunities, participation and citizenship of persons with disabilities".

The main types of deficits that can create a situation of disability, either incompatible or compensable, are described in the documents "Detailed program" available on the website and "Trainee's welcome booklet" available on request.

An interview prior to registration, conducted by the disability advisor, allows for a methodical approach to the various situations encountered during the activities, where the person could be disabled. At the end of the interview, a decision is taken on the feasibility of compensation or environmental adaptation in coordination with the pedagogical and logistic teams.

An attestation signed by the legal representatives is required for minors.

Reading the Rules of Procedures and signing the Terms of Sales is required for all the participants.

## **PRICE**

The amount for the year 2024-2025 is € 2,600. The payment conditions are described in the Rules of Procedures, in particular the possibilities of payment by installments.

For free listeners, the cost of the courses is € 535 in Versailles, € 575 in La Bourdette, € 720 for in Een-West, € 550 for 5 days and € 425 for 5,5 days in Alba.

The sumi-e workshops at the Zen Temple of Gendronnière are organized by the AZI and are indicated as simple opportunities for additional individual practice.



## ABOUT US

the School is a non-profit association and our Mission is to promote teaching and practicing traditional Japanese painting (sumi-e), according to the method of sumi-e Master Beppe Mokuza.



## TEACHERS



### BEPPE MOKUZA

School Honorary President.

Beppe Mokuza Signoritti is a Zen monk belonging to the tradition of Soto Zen Buddhism; he is a disciple of Zen Master Roland Yuno Rech. He is the founder and responsible of the Zen Dojo “Bodai Dojo” located in Alba, north Italy. For almost thirty years he has been dedicating himself to Sumi-e and the practice of Zen meditation, exhibiting his works, holding conferences and practical demonstrations throughout Europe. Since the beginning of his spiritual path, Beppe Mokuza combines the practice of Zen with Sumi-e. To discover Beppe Mokuza : <http://sumi-e.co.uk>



### ALAIN KEIGYO PLAIGNAUD

School President

Alain Plaignaud has been practicing Zen meditation since 2007 and met Beppe Mokuza on this occasion in 2013. In 2017, he interrupts his engineering career to fully devote himself to the practice of sumi-e and Zen meditation. In 2023 he becomes a Zen monk.



## FOR MORE INFORMATION

For more information, in particular on the Rules of Procedure and the General Conditions of Sale, please refer to the School's website: <https://ecole.sumi-e.fr/?lang=en> or send an email to: [ecole@sumi-e.fr](mailto:ecole@sumi-e.fr)